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SOUTHERN RECIPES TESTED BY MYSELF



LAURA THORNTON
KNOWLES



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SOUTHERN RECIPES

LAURA THORNTON KNOWLES

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TESTED BY MYSELF

By

LAURA T. KNOWLES
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1911

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TO MY NIECE
MRS. JOSEPH LIONEL SELIGMAN

PREFACE

To my friends who have wanted to know how to prepare the dishes I gave them to eat, these recipes will clearly unfold the mysteries that seemed so deep.

LAURA THORNTON KNOWLES.

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SOUTHERN RECIPES

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S O U P S

GUMBO FILÉ

Let me tell you what filé is: A powder made by drying sassafras and bay leaves, then grinding to a powder.

One large chicken, or two pounds of brisket, one tablespoonful of lard (kitchen spoon), two tablespoonfuls of flour, sifted, one onion chopped fine, also some parsley and thyme chopped fine, two quarts of oyster liquor, heated, two quarts of boiling water, salt and pepper to taste; one can of tomatoes (pint), one hundred oysters. Cut up chicken as for frying, put lard in kettle, which has become hot. When lard is melted and hot add flour and cook till brown, stirring constantly to keep from burning. Then brown the chopped onion in this flour and lard.

Now put in your meat, and stir it for twenty minutes. In this roux add water gradually, and when all is added, put in the pint can of tomatoes, also parsley and thyme; set the kettle back on the stove to cook slowly for three hours. A half hour before serving put in your oysters, let them cook only half an hour, then take kettle off the fire, and put two tablespoonfuls of filé in, stirring all the time. This thickens gumbo. Pour at once into hot tureen and serve. This should be served with boiled rice.

SPINACH SOUP

Half a peck of spinach, one quart of stock, one pint of milk, half a pint of cream, two tablespoonfuls of butter and three of flour, one teaspoonful of sugar; salt, and pepper to taste. Wash spinach, simmer half an hour in covered stewpan, *without* water, chop fine, pound to a paste; put butter and flour in stewpan, stir until smooth and frothy, then add spinach, sugar, salt and pepper and stir ten minutes; gradually add stock, and when the mixture begins to boil add hot milk

and cream, boil up once, rub through a fine sieve, return to fire. Serve when hot. A little onion improves it.

WHITE POTATO SOUP

One quart milk, six large potatoes, one stalk celery, one onion, and one tablespoonful of butter. Put milk to boil with onion and celery. Pare potatoes and boil thirty minutes, mash fine and light, add boiling milk and butter, salt and pepper, to taste. Rub through a strainer and serve immediately. One tablespoonful whipped cream added improves it.

BLACK BEAN SOUP

Beef, chicken (any bones except duck), put with them one quart of black beans into cold water, one tablespoonful of cloves (whole), three-fourths of a tablespoonful of allspice, (*no vegetables*). Cook all day, stirring occasionally, so the beans will not burn; strain, add good glass of wine, hard boiled egg, and slice lemon. Pepper and salt.

OKRA GUMBO

Make roux of lard, flour and onion, as for gumbo filé, also cook chicken in this, then add two quarts of okra cut up fine. Cover pot and let it simmer a little while, then pour in about two quarts of boiling water if needed. Season with salt and pepper to taste. Fresh corn is very good in this. Serve with rice.

CRAB SOUP

A heaping dessertspoonful of flour, a heaping tablespoonful butter, one quart of milk, season with salt, pepper, spices, and a wineglass of sherry. Put flour and butter in one pot; milk with spices (tied up in cloth) in another pot; when the milk boils, add it slowly to the flour and butter, then add crab meat, and *sherry* when you pour into tureen.

GOPHER SOUP

Gopher is a dry land turtle.

Make roux of flour and lard and onion, then put in gopher, cook a few minutes in roux, then pour in two quarts of boiling

water, a can of tomatoes, salt and pepper to taste. Tie in a thin piece of cloth some whole spice and cloves, put this in, cook all slowly for two hours, then put in a tumbler of claret, and a lemon sliced, as you remove soup from fire.

FISH

TURBOT À LA CRÈME

Boil your fish (red snapper if turbot cannot be had) in strong salt water, remove bones and flake it in as large pieces as possible. Boil one quart of sweet cream, into which put a small onion (whole), a bunch of parsley; then add three tablespoonfuls of flour, smoothly mixed in a little milk, stir until cream begins to thicken and is smooth. (It will take about five or eight minutes.) Remove onion and parsley and pour into the mixture quarter of a pound of melted butter. Butter a deep baking dish; put in first a layer of fish, then a layer of grated cheese (stale Edam is very fine), then a layer of cream mixture, and so on until dish is filled; sift over the top a layer of stale grated bread crumbs or cracker crumbs and cheese. Bake from three-quarters of an hour to one hour

according to oven; must not get too dry; garnish with parsley and serve with the following sauce:

SAUCE

Put in saucepan the yolks of four eggs, two dessertspoonfuls of vinegar and a pinch of salt; whip the mixture well and when it forms a sort of cream add four dessertspoonfuls of olive oil, small teaspoonful of mixed mustard, a pinch of finely minced parsley, a little cayenne pepper and a lemon which has been very delicately sliced. Let this mixture come to a boil, and when it has boiled two minutes remove from the fire and serve hot with the fish. If sauce should get too stiff, it can be thinned by adding a little vinegar.

COURTBOUILLO

Three pounds of red snapper or red fish, one tablespoonful of lard, two tablespoonfuls of flour, one large onion, six fresh tomatoes or a pint of canned tomatoes, four sprigs of parsley, one clove of garlic, six or

eight large fresh potatoes sliced thin, tablespoonful of allspice well mashed, juice of one lemon, a tumbler of claret; salt and cayenne pepper to taste; one quart of water. Cut the fish as for frying, put lard in deep kettle, and when hot add gradually the flour, constantly stirring to prevent burning. Then put in onion and garlic (which has been chopped fine), also parsley chopped, mashed allspice. Add the tomatoes chopped fine, also the potatoes, sliced thin, the glass of claret and the quart of water; let it boil well, and then add the salt and cayenne pepper to taste and when it has boiled five or ten minutes, add the fish, putting in one piece at a time; add the juice of a lemon, and let all boil fifteen minutes.

FISH SAUCE

The fish may be either broiled or boiled, the latter is best if red snapper is used.

Ingredients: Tomatoes, garlic, Worcester sauce, beef extract, black pepper, salt.

The tomatoes are stewed with a small piece of garlic in them for about two hours,

and then strained through a cloth, and returned to the pot to be thickened with corn starch to a proper consistency. The Worcester sauce, beef extract, pepper and salt must be put into the tomatoes after being strained; half a teacup of beef extract, of course diluted, using only a dessertspoonful of beef to half a cup of water, two or three tablespoonfuls of Worcester sauce, two cans of mushrooms are stewed, separately, seasoned with pepper, salt and butter, and put around the fish; the sauce is then poured over it.

ES CABACHIO, COLD

Ingredients:—Fried fish, cold, onions, vinegar, allspice and cloves. The vinegar is boiled with cloves and allspice in it. Put fish in dish with thin sliced onions on it, then pour the boiling vinegar and spices over this. Cover tightly, and set aside to cool.

CRAB JAMBALAYA

One dozen crabs, boiled and cut up, one and a half cups of rice, three tomatoes, or a

half pint of canned tomatoes, one tablespoonful of butter, one tablespoonful of flour, one onion, chopped, one clove of garlic (minced fine), two quarts of boiling water. Salt and black pepper to taste. Put butter in pan and when hot, add onion and brown; then add flour and stir well, then add garlic; cook all a few minutes, but do not let burn or brown too much; add the tomatoes (which have been chopped fine), let all brown and simmer for ten minutes. When cooked add three quarts of boiling water (stock is better), then the crabs. Let this boil for ten minutes, then add one and a half cups of rice which has been well washed in cold water. Mix well together, and let boil for three quarters of an hour, stirring very little.

TOSSSED UP CODFISH

Pick to pieces cold boiled codfish or use the desiccated which is already prepared. Prepare half a pint of thin cream and butter, to which add half a pint of milk, three hard boiled eggs cut up fine, a tablespoonful of

butter, a few grains of red pepper and some chopped parsley. Heat this till nearly boiling, then throw in the fish and boil up once.

CODFISH BALLS

One pint of boneless codfish soaked over night, one quart of Irish potatoes; put Irish potatoes in a saucepan, after peeling, and the codfish on top of them, and enough water to cover all. Boil a half hour, drain off water, and mash fish and potatoes together, until light, then whip well together two eggs; no salt, as fish is salt enough, but season with pepper. Mix with fish and potatoes, make into balls, and fry in plenty of lard.

CURRY OF OYSTERS

Two tablespoonfuls of butter, half a teaspoonful of onion juice, one tablespoonful of flour, two teaspoonfuls curry powder, one-quarter of a pint of oyster liquor, one-quarter pint of milk, one small teaspoonful of salt, one solid pint of oysters. Put the butter and onion juice in a saucepan, when melted add the flour and curry powder and

stir until smooth and bubbling, then add the oyster liquor and milk, also the salt. When the sauce is smooth and boils, put in the oysters and cook until they plump and the edges curl.

PICKLED OYSTERS

Get nice plump oysters, strain them in a colander to get the liquor. Take some of the liquor to wash the oysters in, then plump them in their own liquor, adding some salt. (Plumping means scalding.) Next, take the liquor, and if your vinegar is strong mix it with it, half and half; if not strong, use more vinegar than liquor; in this put cloves, allspice and a pod or two of red pepper, scald it and pour over your oysters, set them aside to cool and they are ready for use.

Two gallons of opened oysters is about what we make at a time—use your own judgment about the quantity of cloves and allspice, you know they are strong. Keep them covered in a large tureen or stone jar for use

M E A T S

BARBECUED PIG

A pit two and a half feet deep by three feet long, and two feet wide, sticks of green wood, or, better still, iron rods, to fit across the pit. Build a large wood fire, and when it burns down to ashes, put on plenty of charcoal, as the fire is kept up by this.

Split pig down the front, then rub well with salt and red pepper, cut slashes in the skin, so that the seasoning will get through, put pig over pit with skin side down. Into a pot put one quart of vinegar to boil, add one pound of butter, some Worcester sauce, tomato catsup, French mustard, and English mustard mixed, chowchow mustard, a few drops of tobasco and some salt, all of these I put to taste. Have a stick, with a mop made of cheese-cloth, and with this keep the pig well mopped all the time it is cooking,

which ought to be from six to eight hours. The slower it cooks the better. Have plenty of the sauce to serve with meat.

BRUNSWICK STEW

One large chicken, one quart of corn from cob, one quart of tomatoes, fresh, one quart of lima beans, one quart of okra, four green peppers (sweet peppers), salt, pepper, and Worcester sauce to taste, a quarter of a pound of butter. Cut up chicken, as for frying, put in soup kettle and pour over three quarts of cold water. Let this come to a hard boil, then add vegetables and seasoning. Put kettle back on fire, and let it simmer and cook slowly for three hours. If canned vegetables are used, they need not be put in until the last hour of cooking. Put butter in a half hour before done.

'BEEF PUDDING

One quart of cold beef chopped very fine, one quart of Irish potatoes, boiled and creamed, one pint of bread crumbs. Put these in alternate layers, each layer seasoned

with butter, salt and pepper, also a little chopped onion if you like. Let a layer of potatoes be the last, and just before you put it in, beat up four eggs and pour them in, then bake.

BEWITCHED VEAL

Three pounds of lean veal, half a pound of fat salt pork, one grated nutmeg, one small onion, butter the size of an egg, a little red pepper and salt, chop fine, mix together with three eggs well beaten and a teacup of milk; form into a small loaf pressing it very firmly, cover with fine bread crumbs, bake two and a half hours. Eaten cold.

JUMBAYALA

Cut up one ten-cent veal steak, raw, one ten-cent piece of ham raw, and ten cents' worth of shrimp, one and a half dozen oysters, chicken scraps also added, in small uniform pieces, casting aside all skin and bones. Fry veal, ham and shrimp brown in hot lard, then add by degrees one scant cup of boiling water; now add the oysters, pepper and salt,

seasoned slightly, and lastly, after stew has cooked thoroughly, sprinkle in one cup full of rice with the hand. Cook well, and stir as little as possible after putting in the rice, boil for about twenty minutes.

FRICASEED CHICKEN

Cut up two chickens, trimming off all the fat; put them in just enough water to cover them with a little salt and pepper, boil slowly until tender and remove from gravy, into which stir the beaten yolks of four eggs, one-quarter of a pound of butter, a little nutmeg, two teaspoonfuls of flour and one cup of cream. Let it just come to a boil and pour over the chicken.

VEAL BIRDS

Get the best cutlets, cut as thin as paper in pieces about two by three inches or two by four inches, avoiding any stringy parts. The scraps of the veal for forcemeat as follows: Grind veal, also grind a piece of salt pork two inches square, a large piece of bread, a lump of butter size of a walnut, a

suspicion of onion, parsley, mix all, spread on large pieces of veal and then cut mushrooms on top and roll up (fasten with tooth-picks). Roll these birds in flour and fry in butter; when brown pour over the cream enough to cover and stew fifteen minutes, also add remainder of the can of mushrooms when stewing. Serve on fancy shaped toast.

MOUSSE DE POULET

Scald one cup of well reduced, highly seasoned stock, beat the yolks of three eggs slightly, add one-fourth of a teaspoonful each of common salt, and celery salt, a dash of paprika and cook until the mixture coats the spoon as a boiled custard. Remove from the fire and add one tablespoonful of granulated gelatine softened in one-fourth of a cup of the chicken stock. Strain over four ounces of cooked white meat of a chicken chopped and pounded in a mortar and passed through a sieve. Stir over ice water until the mixture is perfectly smooth and begins to set, then fold into it one cup of whipped cream. Turn into a ring mold until chilled

and well set, turn on a bed of lettuce, and fill in the center with equal parts of celery and English walnuts blanched, sliced and well mixed with French dressing.

SWEETBREADS AND CHICKEN MOUSSE

Parboil sweetbreads one half pound, chop and rub through a sieve (there should be one cup full), mix with one-half cup of cooked or raw chicken, rub through sieve. Add gradually white of one egg, and work until smooth, then add three-quarters of a cup of heavy cream. Line a buttered mold with mixture, and place in a pan of hot water, cover with a buttered paper, and bake until firm. Serve with Hollandaise sauce.

Fish made the same way, served with creamed oysters. Ham with bread crumbs, and filled in with spinach.

FRIED CHICKEN

Cut chicken up, sift a little flour over it, salt and pepper. Have lard boiling in frying pan, drop chicken into this, fry until well browned and cooked through, from fifteen to

twenty minutes, according to size of the chicken. Pour off the top of the lard after all the chicken is fried leaving in the pan any gravy of the chicken that might remain. Put in cup of cream or milk with butter and flour enough to thicken a little. Season with salt and pepper. Serve with chicken.

CHICKEN HASH

Boil a young chicken as you would to make a salad, and when done, cut up. Take some mashed Irish potatoes, line a small baking dish, and put in the oven to brown. To one pint of sweet milk add two tablespoonfuls of butter, and flour enough to thicken. Add some chopped parsley and onions, salt and pepper to taste, then put into this sauce the chicken, mixing thoroughly. Pour into dish of brown potatoes and serve at once. Do not put in the oven after the hash is put in this dish.

CHICKEN CROQUETTES

Mince chicken as fine as possible and season with pepper, salt and nutmeg; one small

onion chopped very fine, one set of brains, one large tablespoonful of butter, two large tablespoonfuls of flour, one tumbler of milk, mix and boil. Stir this in the meat adding a little chopped parsley; put on ice. When cold take a spoonful of the mixture, shape, roll in bread crumbs and put on ice for half an hour. Then roll in yolk of egg and bread crumbs again and put by till ready to fry.

BIRDS (IN CHAFING DISH)

Split birds open as for broiling and to one dozen sprinkle half a dozen small red peppers cut fine with scissors. Place in dish, breast down, with salt to taste. On each bird place one inch square of butter, then pour in half a teacup of broth (or hot water), cover and steam until butter is melted, then add the following preparation: Put in a tumbler two tablespoonfuls of Worcestershire sauce, juice of one lemon and fill tumbler with port wine. After cooking for half an hour, add two cans of small mushrooms. If birds are young, about two hours'

time will be required to cook them. When thoroughly cooked and just before serving, add one teacup of cream thickened with flour.

CALVES' HEARTS

Take two calves' hearts, wash them well, put them to soak for twenty-four hours, well covered with one part vinegar and two parts water, with a light sprinkle of salt. When ready to cook, wash them again and fill the cells with grated bread crumbs and minced bacon seasoned with a little onion juice, paprika and salt. Lay strips of bacon on the hearts and bake until done. Serve with brown gravy.

WHITE STEW (TERRAPIN)

Beat to a smooth paste the yolks of six hard-boiled eggs with one tablespoonful of butter; then add half a pint of sweet cream and two wine glasses of wine, the peel of one lemon, a little nutmeg, salt, cayenne pepper to taste. The terrapin must be prepared as for soup and thoroughly drained; cook in a chafing dish, pouring the dressing over the

meat. Let it only come to a boil, but stir continuously to prevent scorching.

SWEETBREADS

Soak them in salt water for about an hour, then parboil until tender, take out the stringy parts, put them in water for a few moments, dry them in a towel, dip in egg and crumbs and fry brown in butter. When they are done, put on a dish, pour into a frying pan a large cup of sweet cream, a little pepper and salt, a little green parsley chopped fine, dust in a very little flour; when it boils up pour it over the breads and send to the table hot.

VEGETABLES

RICE CRUSTADES

Two small teacups of rice boiled with plenty of salt; when soft add a can of tomatoes (or a quart of fresh tomatoes stewed), a good sized onion, parsley, two bay leaves and pepper; cook this in a double boiler for two hours until very stiff; mold in cups. When ready to use, turn out of cups, roll in egg and cracker crumbs and fry in deep fat; when hot, take out the center to form a pâté case and fill with creamed sweetbread and mushrooms.

SPANISH TOMATOES

Cut up three large white onions, three bell peppers, and one ripe tomato. Melt a spoonful of butter in a frying pan and fry some of the tomatoes, peppers and onions, adding salt and pepper and a pinch of sugar.

Turn in a baking dish, add another spoonful of butter to pan, fry as before until all are done and in baking dish. Cover top layer with bread crumbs, and bake slowly.

It is a rich dish, keeps nicely in ice box and is good cold for breakfast with hominy.

CANDIED SWEET POTATOES

Boil potatoes, then slice lengthwise, put in baking dish, adding butter, sugar and nutmeg (grated) to each layer of potatoes. Then pour over all a cup of boiling water. Bake in oven for fifteen or twenty minutes.

BOILED RICE

Rice should be well washed before boiling, in at least three waters. Put a quart of water on fire with a teaspoonful of salt in it and let it boil well, then add the rice. Stir occasionally, and with a wooden spoon. The boiling water tosses the grains of rice, and prevents them from sticking together. As soon as the grains begin to soften, do *not* by any circumstances stir or touch the rice again. Let it boil rapidly for twenty min-

utes, or until the grains swell out, and it appears to thicken. When it has reached this stage take off the cover, and pour off the water. Set pot in oven for a few minutes, do not let it brown, but simply dry out the water.

SWEET POTATO PONE

Six or eight potatoes (according to size), two eggs, half a cup of sugar (brown), half a cup of syrup, a little orange peel, and a teaspoonful of cinnamon. Wash and grate, without peeling, the potatoes. Beat sugar and eggs together, mix syrup with potatoes, then sugar and eggs and orange peel and cinnamon. Put all in a dish and bake.

S A L A D S

GUSPACHIO

Ingredients — Hardtack, tomatoes, cucumbers, sweet peppers (bell peppers), mayonnaise dressing. Soak the hardtack in water until soft enough to split; while this is soaking, peel and slice the tomatoes and cucumbers and cut the peppers in small pieces. Make mayonnaise thick, as all the vegetables are so watery. Put first a layer of hardtack, then the mayonnaise, tomatoes, then dressing, cucumbers and peppers, and more dressing. Fill the bowl in this way. This dish is much better kept for twenty-four hours.

ONION SALAD

Two or three large Spanish onions sliced thin, pour boiling water over them, drain, put on cold water with a teaspoonful of salt, stand half an hour, repeat four or five times.

Then stand in cold water and salt until ready to serve. French dressing. For a noon dinner prepare the night before.

FROZEN FRUIT SALAD

Six large oranges, four bananas, six apples, one pound of Malaga grapes, one teacup of Maraschino cherries, one-half a teacup of ground nuts (almonds, walnuts and pecans). Quarter the oranges, take out all seeds and inside skins, cut in cubes one-half inch over the bowl which catches the juice, half and seed Malaga grapes, cut the bananas lengthwise in small pieces, halve the cherries, cut apples in cubes, mix all thoroughly and pack in freezer for five hours. Serve with French dressing which must be thoroughly chilled and well beaten. Add half a teacup of ground nuts. Serve the salad whole on a bed of lettuce and use French dressing at the table.

JELLIED CUCUMBER SALAD

Into a granite saucepan, put one teaspoonful of peppercorns, one teaspoonful of salt,

one small blade of mace, half of a bayleaf; add three cupfuls of boiling water, cover and let steep for fifteen minutes; add one box of gelatine which has been soaked in one cupful of cold water until soft and stir until dissolved, strain; add one cupful of strong tarragon vinegar and color pretty green with color paste. Put two dozen small timbale molds in cold water, drain, and pour in enough jelly to cover the bottom a quarter of an inch. Set away until firm, then in the bottom of each mold put a round thin slice of cucumber and arrange strips around the sides. Fill the centers with tiny cucumber dice and carefully pour in sufficient liquid jelly to fill the molds even full. Put away until firm, then put in lettuce leaves and garnish with mayonnaise.

DUTCH SALAD

Make the dressing by taking the yolks of hard boiled eggs rubbed smooth with olive oil, then put in some fresh mustard which has been mixed with a little water (chowchow mustard) French mustard, vinegar to taste,

also red pepper and salt, Worcester sauce, a little onion juice. Mix this with all the cold cooked vegetables you have—Irish potatoes, peas, beans, carrots, beets, cauliflower; then the uncooked vegetables, tomatoes, cucumbers, green peppers, cabbage and celery. Of course the more vegetables you have the more dressing you will need.

MACARONI

Get a fine piece of roast (if for two or three persons only, say fifteen cents' worth), put it in a saucepan adding half an onion and one or two pieces of garlic, also a small piece of beef fat; let all these cook together until the meat is a fine brown color, then add one tablespoonful of tomato paste dissolved in tepid water and let this cook, adding a little water gradually until you see that the gravy is suitable to put on macaroni. (Don't cook your macaroni too much.) When properly cooked take out of the pot, drain, then put first some of the gravy in serving dish, then macaroni, then grated cheese, then gravy and so on.

TOMATO AND CELERY SALAD

Cut up tomatoes in small pieces, not sliced, also celery in small pieces. Have mayonnaise thick. To two tablespoonfuls of mayonnaise, put three of gelatine dissolved first in cold water (just enough to cover), then boiling water; mix all together, vegetables, mayonnaise and gelatine, stirring thoroughly until well mixed; put in a mold and set in icebox to congeal.

PICKLES

CABBAGE PICKLE

One gallon vinegar, one pint sugar, one pint salt, one ounce turmeric, one ounce celery seed, one ounce cloves, one ounce ginger, grated horseradish, a half-pound box of mustard, one ounce allspice, one dozen onions, a quarter of a pound of mustard seed. Let cabbage stand in strong salt and water over night; mix mustard and turmeric with vinegar before putting in; mix all together, stir every day and in two weeks it is ready for use.

STUFFED GREEN PEPPERS

Take three parts cabbage to one part sweet peppers, about one dozen onions to two gallons of the above; cut all fine and sprinkle well with salt; let stand twenty-four hours, then press out brine through a sieve. To one gallon of the mixture add two table-

spoonfuls of ground allspice, nutmeg and mace, one tablespoonful of cloves, half a cup of brown sugar, half a pound of white mustard seed, black and red pepper to taste; mix half a cup of mustard with the best olive oil, add spices to the oil and mustard before mixing with the vegetables, also add one or two papers of celery seed and a good tablespoonful of turmeric (sometimes more or less, according to taste). Cut peppers to be stuffed, taking out the seed, putting in strong brine over night. Stuff with ingredients, after dripping them carefully, tie and pack as closely as possible in jars and cover well with cold vinegar.

GREEN TOMATO PICKLES

Two gallons of sliced green tomatoes, five tablespoonfuls of mustard seed, beat fine, three gills of mustard seed, put in whole, two tablespoonfuls of ground pepper, two tablespoonfuls of allspice, two tablespoonfuls of cloves, one gill of salt, one and a half gills of chopped onions, two pounds of brown sugar, two and one half gallons of vinegar.

Boil until the tomatoes are tender; when cold, put in jars and seal.

RIPE TOMATO PICKLE

Put the tomatoes in boiling water until skin will peel off, after peeling these, put them in a jar (stone) with a layer of salt alternating each layer (tomatoes, then salt) until you have as many prepared as you wish to pickle; let them stand all night, then drain off the salt water, have ready your vinegar boiling hot with mace, cinnamon and cloves in it to taste. Pour this over the tomatoes boiling hot, let stand until next morning, then pour it off into your kettle and let it boil again. Pour over tomatoes, repeat this two or three mornings, then your pickles will be done.

OIL MANGOES

One pound of race ginger washed and dried, one pound of horseradish, one pound of black mustard seed, one pound of white mustard seed, half pound of garlic, one ounce of turmeric, two ounces of cloves, one ounce

of mace. These ingredients to be beaten and mixed with a pint of new made mustard and as much olive oil as will make it to a paste, then fill the mangoes and pour over them as much boiling vinegar as will cover them. Let them stand three weeks, then pour off this vinegar and then put on fresh boiling vinegar same quantity in which put the different kind of spices. It is now ready for use.

CHUTNEY

Peel and chop six tomatoes and same quantity of tart apples; mince one dozen figs (dried). Put them with the other fruit, add to them a clove, garlic and a small onion, both grated, a scant teaspoon each of ground ginger and cayenne pepper, one tablespoon of salt, quarter of a pound of brown sugar and one pint of vinegar. Boil all together for half an hour, when cold, bottle and seal.

B R E A D

CORN MEAL MUFFINS

One pint of meal, one pint of flour, three ounces of sugar, two ounces of butter, two teaspoonfuls of cream of tartar, one teaspoonful of soda, one pint of milk, two eggs, one half teaspoon of salt. Sift flour with cream of tartar and salt into a bowl, dissolve the soda in a little boiling water, stir into milk, mix butter and milk until creamed, add gradually the eggs, then alternately the flour and milk, rub the inside of muffin pan with lard. Fill each three-quarters full, then bake.

BAKING-POWDER BISCUIT

To one quart of flour, add one teaspoonful of salt, two teaspoonfuls of baking powder. Sift all these together. One tablespoonful of cold lard rubbed in with

spoon (not the hands), add one and one-half cups of *cold* milk, making a thinner batter than for beaten biscuit, work well with spoon only, should be just soft enough to roll out, cut with biscuit cutter and bake in moderately hot oven.

SALLY LUNN

Two eggs, two cups of milk, two heaping teaspoonfuls of Royal baking powder, two tablespoonfuls of sugar, dessertspoonful of butter, flour enough for a pound cake dough. Bake in a quick oven.

BEATEN BISCUIT

To one quart of flour add one teaspoonful salt, one pinch soda, sift these altogether, then mix in one tablespoon of lard, which has previously been on ice. (It must be cold and stiff.) Moisten all with half a pint of milk, which has also been on ice and in which two tablespoonfuls of crushed ice is put. Mix all well together, beat or work in machine until light, and bake in a moderate oven. A hot oven blisters them.

WAFFLES

One pint of flour, one pint of milk, two eggs, one teaspoonful of baking powder, one half teaspoonful of salt, two tablespoonfuls of sugar. Sift flour and baking powder into a bowl, add sugar and salt, rub butter in well, then the milk and yolks of the eggs which have been beaten light. Then add the whites, which have been beaten to a stiff froth. Have your irons very hot and brush with butter or lard and bake waffles about two minutes, or till brown.

PLAIN WAFERS

One cup of milk, two teaspoonfuls of melted butter, a little salt, sifted flour enough to make a stiff batter. Beat rapidly until smooth and light, and bake quickly in hot irons.

DELICIOUS RICE CAKES

Put one pound of rice in water and soak over night; boil it very soft in the morning, and strain the water from it; mix with it while

hot, a quarter of a pound of butter; set this away to cool. When cold add one quart of milk, a little salt, six eggs, then sift half a pound of flour, stir it in gradually to other ingredients, beat the whole very well. Bake on a griddle like other batter cakes.

SPOON BREAD

One and a half cups of meal, one and a half cups of milk, three eggs, a tablespoonful of lard, a tablespoonful of butter, two teaspoonfuls of baking powder. Scald the meal thoroughly with hot water, then stir in the eggs, melted butter and lard, then the milk, and lastly the baking powder. Be careful to have a thin batter.

QUICK ROLLS

Three cakes of yeast dissolved in lukewarm water, one cup of milk, heated, one teaspoon of salt, one teaspoon of butter, one teaspoon of sugar. Put milk, butter, sugar and salt in bowl; when all is melted and milk lukewarm, add yeast, then enough sifted flour beaten in to make a thin batter. Put the

bowl in a pan of warm water, cover well and allow to stand until it has doubled in bulk (stand pan not far from stove). Then take this batter and add enough flour so as to be able to turn it out on the board to knead, knead until dough is smooth and put again to rise, same arrangement as before. Take out and shape into rolls, allow to rise in a baking pan, brush with milk and bake.

SWISS ROLLS

Scald one cup of sweet milk to which has been added one teaspoonful of sugar (scant), two tablespoonfuls of butter; when milk is warm add half an yeast cake, four teacups of flour (measured, *after being sifted twice*) one small teaspoon of salt; put in milk. Put it in a moderately warm place to rise; when raised, place in ice box for at least three hours (or over night). When ready to use turn the dough on a well floured board and roll to half an inch thickness, cut any shape, rise slowly until very light, bake in a quick oven twenty minutes. Just before they are done brush over the top with a little melted butter.

These directions were given me for rolls in the winter; you do not have to follow all of them for summer rolls.

NUT BREAD

Two cups of flour, light measure, one cup of sugar, one egg, one cup of sweet milk, one teaspoon soda, two teaspoons cream tartar, one teaspoon salt, one cup chopped walnuts, *full* cup. Beat egg and sugar till creamy, add flour and cream tartar and salt. Dissolve soda in milk, add these, and beat all well together, then mix in the nuts. Bake slowly, at least one hour.

CAKES

LADY BALTIMORE CAKE

Whites of twelve eggs, three scant cups of sugar, five level cups of flour, after sifting, one scant cup of butter, two-thirds cup of sweet milk, one level teaspoon of soda, two level teaspoons of cream tartar. Cream butter and sugar, add half of flour and milk, then balance of flour and eggs. Bake in a quick oven. This is enough batter for two cakes.

FILLING

Three cups of sugar, one cup of thin cream. Cook together until it begins to thicken, then add one tablespoonful of butter, and thin with a wine glass full of sherry; beat hard for a few minutes, then add one cup of chopped nuts, one cup of chopped raisins, a little citron, and candied cherries.

SPONGE CAKE ROLL

Four eggs beaten separately, one teacupful of sugar, one teacupful of flour, one teaspoonful of cream of tartar, mixed in flour, one teaspoonful of soda in a little water. Sift flour, mix in cream of tartar, beat the yolks light, then beat them with sugar, put this to flour, then add the whites which have been beaten stiff, then the soda. Bake quickly in biscuit pan, turn out in damp towel, and roll while warm. The filling should be made first.

FILLING FOR SPONGE CAKE ROLL

The pulp of three lemons and the rind of one, either grated or chopped very fine, two tablespoonfuls of butter, six eggs beaten separately, sugar to taste, three-fourths of a teacup of cold water; put on the fire and stir constantly until thick. Do not let it boil. Put aside until cold, then use in roll.

CRULLERS

One and a half pounds of sugar, half a pound of butter, light weight, six eggs, a

small cup of milk (teacup), flour enough to roll out without breaking. Mix, first the sugar and butter until creamy, then beat in the eggs, then the milk, then sift in the flour, roll out as thick as you like and fry in hot boiling lard; sprinkle with sugar and cinnamon.

CUP CAKE

One cup of butter, two cups of sugar, three cups of flour, four eggs and one cup of milk, two teaspoonfuls of yeast powder sifted in flour.

Make spice cake by this recipe adding two teaspoonfuls of spices.

WHITE FRUIT CAKE

One pound sugar, a light three-quarter pound of butter, one pound flour, whites of sixteen eggs, beaten in the usual way; add two pounds of desiccated cocoanut, two pounds citron, chopped very thin and fine, two pounds almonds, blanched and cut very fine. Bake as you do every kind of fruit cake.

ICING WITH NUTS FOR CRACKERS

Three cups of granulated sugar, six cups of water, whites of four eggs. Put sugar and water on fire to boil until thick, beat the whites stiff, and when sugar is ready beat into whites until thickened, then put in nuts and spread on crackers, put in oven for a minute or two until brown.

STRAWBERRY SHORTCAKE

One quart of flour, two teaspoonfuls of baking powder, one tablespoonful of butter, one tablespoonful of lard, one cup of milk, one tablespoonful of sugar. Sift flour and baking powder together, then mix in butter and lard, add sugar and milk. Bake in jelly cake pans, split while hot, butter and put in strawberries, which you have previously prepared with sugar.

COOKIES

To four eggs, add one cup of sugar, one even tablespoonful of butter or lard, a very small pinch of soda and as much flour as will

make a moderately stiff dough. Fry in a good quantity of lard.

CHOCOLATE PIE

Eleven tablespoonfuls of grated chocolate, eight tablespoonfuls of pulverized sugar, yolks of six eggs, four crackers (crumbs) powdered. Bake as a layer cake.

CHOCOLATE CAKE

One and a half cups of brown sugar, three cups of flour, three eggs, three-quarters of a cup of butter, same quantity of sweet milk, one and a half small teaspoons of soda. Make these into a batter, then add the following when cool: one and a half cups of grated chocolate dissolved in three-quarters of a cup of milk, one cup of brown sugar, yolks of two eggs, flavor with vanilla and boil in a double boiler until it is as thick as cream; when cool add to batter, bake in jelly cake pans and put together with boiled icing. For this quantity it takes four cups of granulated sugar, two cups of water, whites of four eggs, one teaspoon of cream tartar for icing.

MOCHA CAKE

One and a half cups of flour, one cup of sugar, two eggs, quarter of a pound of butter, three-quarters of a cup of milk, one and a half level teaspoons of baking powder, sifted with flour, half a pound of shelled almonds browned slightly in the oven, grind quite fine and mix with a little pulverized sugar, set aside until cake is done. Cream, butter and sugar, beat yolks and add, then the flour (with baking powder in it) and milk alternately, beat whites stiff and fold them in. Bake in square pans. When cold, cut in finger lengths and butter each piece of cake on all sides, then roll in the mixture of almonds and sugar.

D E S S E R T S

LEMON SPONGE

One and a quarter ounces of gelatine, four eggs (the whites only required), three lemons, two cups of sugar, one cup of cold water, two cups of boiling water. Soak the gelatine in cold water and pour boiling water on it, then add the juice of lemons, and sugar. Whip the whites of eggs to a stiff froth, whip gelatine, etc., till frothy; when cool add the whites of eggs and beat all well together, dip your mold into hot, then into cold water and put your sponge in; set quickly on ice.

PINK PUDDING

One cupful of fruit juice, one and a quarter ounces of gelatine, the whites of two eggs. Dissolve gelatine in a little water (about three-fourths of a cup), add the juice and let it cool. Whip the whites of the eggs to a

stiff froth, add them to the rest and whip together. Put into a mold and set at once on ice. Serve with whipped cream or a custard.

SNOW PUDDING

The juice of three lemons, one cup of sugar, whites of three eggs, one-half package of gelatine. Let the gelatine stand half an hour in a pint of cold water, then pour that off and add a pint of boiling water. Beat the eggs and sugar well, then add the lemon juice and gelatine and beat until it looks like snow.

PUDDING

Yolks of six eggs, beaten with six tablespoonfuls of sugar; boil one quart of milk, and add three tablespoonfuls of corn starch mixed with cold milk just before the quart of milk comes to a boil; then add this to the yolks and sugar, flavor to taste, bake in a pan; while it is baking, beat the whites and sugar (same amount) and put it on and just let it brown. To be served with cream or cold milk sweetened and flavored to taste.

CREOLE KISSES

To one pound of powdered sugar, put the whites of six eggs, one teaspoonful of vanilla. Do not beat the whites until after the sugar is added, then beat hard until very light. Add one pound of pecans which have been picked, only stirring enough to thoroughly mix the nuts. Drop on *ungreased* paper and bake in a cool oven.

SULTANA ROLL

Scald one pint of milk, add one cupful of sugar, one tablespoonful of flour rubbed smooth in a little cold milk, and one beaten egg. Stir and cook for twenty minutes, add a pinch of salt, strain and cool. Flavor with one teaspoonful each of vanilla and almond extract and add one quart of whipped cream, color leaf green and freeze. When frozen, line a mold with this frozen cream, and sprinkle with sultana raisins which have been soaked for several hours in brandy. Fill the center of mold with one pint of cream whipped to a solid froth, adding to it half a

cup of powdered sugar and a tablespoonful of vanilla. Pack in ice and salt, let stand for two hours. Claret sauce served with this: Put one cupful of sugar and a quarter of a cupful of hot water over the fire, stir until it slightly thickens; when cold add four tablespoonfuls of claret and chill on ice.

CAFÉ PARFAIT

One pint of cream, four ounces of coffee beans, six ounces sugar, four eggs (yolks only), one cup of strong coffee. Put the cream, eggs and sugar on stove and whip until it begins to thicken. Add beans and coffee. Let stand one hour or more, put in freezer until stiff, then add one pint of thick cream, maraschino to taste.

BAVARIAN CREAM

One quart of cream, one pint of milk, one-half package of gelatine. Take the quart of cream, sweeten with powdered sugar and flavor to taste with vanilla or lemon extract or with a combination of both; whip it up like syllabub; take one pint of milk and half

package of gelatine, set it before the fire but do not let it boil or get too hot or burn, only heat it enough to dissolve well the gelatine; when this is done, pour the milk and gelatine into the whipped cream. Line your pans or molds with cake and fill them with the cream. Let it stand until cold and then turn it out of the pan.

VENETIAN PUDDING

Butter a mold, line it with preserved ginger, pineapple, dried cherries or any sweet-meats. Make a rich custard with half a pint of cream to one pint of milk, the yolks of eight eggs, add one ounce of dissolved gelatine, sweeten the custard and when nearly cold pour into mold and set on ice. Turn it out when you serve it and pour cherry brandy around it or any red fruit juice, sweetened and flavored with small glass of brandy or wine.

ORANGE CREAM

Half a box of gelatine, one cup of sugar, five oranges, one pint of cream, one pint of

milk, yolks of five eggs. Cover the gelatine with cold water and let it stand for half an hour, whip the cream, put milk on to boil; as soon as it boils, dissolve the gelatine in it. Beat the yolks and sugar together until light, then strain milk and gelatine into it, wash the boiler and return the mixture to it, stir over the fire *two* minutes and then pour into a bowl to cool. When cold add the juice of the oranges, strained through a sieve. Now place the dish in a pan of cracked ice and stir continually until it just begins to thicken, then add the whipped cream and stir carefully until thoroughly mixed. Put in orange skins to harden, serve them in skins.

MACAROON PUDDING

One dozen macaroons dipped in sherry wine, line the bottom of a dish with them, then a layer of blanched almonds and citron chopped, again macaroons, so on until the dish is full. Then pour over this a corn-starch custard, cover with macaroons. Beat the whites of three eggs, add them to a very little boiling milk, then take a teaspoonful of

egg, drop on macaroon (on top of pudding), and in each egg, drop a bit of red jelly.

MARSHMALLOW SOUFFLÉ

One tablespoonful of granulated sugar to every egg (the whites only). One tablespoonful and a half of gelatine covered with four tablespoonfuls of boiling water to every six eggs, vanilla to taste. Beat the eggs first, then beat in the sugar and stir gently while pouring in the hot gelatine, flavor and put in mold on ice. Serve with whipped cream.

NUTTED CREAM

Cover a quarter of a box of gelatine with half a cupful of cold water and let it soak for half an hour. Whip a pint and a half of cream to a stiff froth, turn out into a basin and stand this in another of cracked ice or ice water. Sprinkle into the cream four tablespoonfuls of chopped almonds or pecan nuts, add three-quarters of a cupful of powdered sugar and a tablespoonful of vanilla. Pour three or four tablespoonfuls of water over

the gelatine and place over a kettle of boiling water until thoroughly dissolved. Strain this over the cream and begin at once to stir, continuing until the ingredients are well mixed and the mixture is slightly thickened; turn into a mold to stand away to harden. When ready to serve turn out on a dish and sprinkle nuts over it.

MAPLE MOUSSE

One cup of maple syrup, yolks of four eggs, beaten together, and cook; stir constantly until it thickens, strain through a sieve. When cold add one quart of cream whipped, the whites of the four eggs beaten stiff. Put in mold and pack in ice for three hours.

CHARLOTTE RUSSE

One vanilla bean boiled in half a pint of milk, and make the milk into custard with four eggs and four ounces of sugar. Dissolve half a pound of gelatine in a pint of water, and after the custard cools, mix it with the gelatine. Whip one quart of cream

to a froth, drain it, mix it with the custard and gelatine when it begins to stiffen. Cover the bottom and sides of your mold with sponge cake, pour in the mixture, let it congeal well.

MACAROON ICE CREAM

Pound and sift one dozen stale macaroons and three lady fingers, blanch, chop fine and pound to a paste twenty-five almonds (or three ounces of almond paste); scald one pint of milk (cream is better) in double boiler, add one cupful of sugar and stir until dissolved. Take from fire and add one pint of cream and set aside to cool, then add one tablespoon of orange flower water, two tablespoons of maraschino. Freeze the cream first, then take out dasher and stir in macaroons and nuts, pack until ready to serve.

CHARLOTTE RUSSE PUDDING

Heat three pints of milk to near the boiling point, stir into it the yolks of eight eggs, one large spoonful of corn starch; let it

thicken a little, then sweeten and flavor to taste. Lay slices of sponge cake in a pudding dish, pour over them this custard, let it bake, then have an icing made of the eight whites well beaten and four tablespoonfuls of sugar; spread over the pudding when done and brown slightly.

BROWN SUGAR TRIFLE

One pint of brown sugar, and a half a cup of hot water with a pinch of salt, boiled to a syrup, half a box of gelatine dissolved in cold water (enough to cover the gelatine) for half an hour, half a pound of walnuts. Pour syrup on the gelatine, add the nuts, which must be chopped fine, and cool until it jellies, but not too stiff. Beat stiff the whites of four eggs, stir into gelatine mixture and pour into mold. Serve with a custard made from the four yolks, or from whipped cream.

MISCELLANEOUS

HOLLANDAISE SAUCE

Reduce half a gill of vinegar into which a coffeeespoonful of white peppercorns have been added, remove it from the fire and pour about half a gill of cold water, five egg yolks, two ounces of butter, salt and grated nutmeg. Set the saucepan into a large cone containing boiling water or on a very slow fire. Stir constantly with a wire egg-beater and as soon as the sauce thickens add in small pieces six ounces of butter until all is consumed; squeeze in the juice of one lemon and if the sauce is too thick, add a little more water to it. Strain, put into a vessel, in a *fain marie*, until ready to use, then stir briskly and serve.

EGG TIMBALES IN PIMENTO CASES

For lunch or supper. Butter eight or nine fluted timbale molds very thoroughly and

line each with a canned pimento. Trim (with scissors) the top of each pimento neatly to form a perfect edge. Beat six eggs without separating, add a scant teaspoonful of salt, a teaspoonful of chopped parsley, twenty drops of onion juice, and a half cup of milk; stir until well mixed; use this to fill the pimentos. Set the molds on paper in a baking pan, pour boiling water into the dish around the molds, bake until the centers are firm, do not allow the water to boil, be sure that the egg mixture comes to the top of the pimento. Serve with cream sauce. Color sauce green.

EGG-NOG

Allowing one egg to each person, beat the yolks and whites separately. Beat the yolks until creamy, then beat in the sugar (granulated), one tablespoonful to each egg, beat until very light, then add whiskey (three tablespoonfuls to an egg), drop it in slowly to the yolks and sugar, beating all the time; then add whites which have been beaten to a

stiff froth. A half cup of whipped cream to each egg adds very much to the goodness.

PEACH BLOW

Peel peaches and cut up fine, sugar and pour over some whiskey (to taste) or better still, brandy. Let stand for several hours then serve in a glass with crushed ice, mixing well together ice and peaches.

FOR AFTERNOON TEA

Put into a bowl two slices of preserved pineapple and cover well with rum. Let stand five or six hours, then cut up pineapples in small pieces and put a teaspoonful of the rum and a small piece of pineapple in each cup of tea.

A NICE CHEESE DISH

A medium sized piece of Roquefort cheese, butter or cream cheese; as many drops of tobasco sauce as there are people to be served, a liberal quantity of Worcester sauce, a little mustard, salt and pepper (black and

red), a little paprika, a wineglass of sherry. Mix all these thoroughly and serve with salads. Make into balls or a pyramid.

MINT JULEP

Put one lump of sugar to every person and two or three extras. Put into a pitcher with several sprigs of mint and pour over this boiling water (half a pint); set aside to cool. Have julep glasses ready (by rubbing the rims with lemon and dipping in granulated sugar to frost them), fill glasses with crushed ice and stick a sprig of mint in the sides, also straws. Then take the syrup and put two jiggers of whiskey to one of syrup and pour over the crushed ice. I usually measure all I want to make, putting it in a pitcher and adding more whiskey or brandy if necessary, then pour over ice. Serve at once.

YEAST

Eight pints of boiling water in a porcelain kettle, have ready twelve large Irish potatoes peeled and in cold water, grate rapidly one by one and stir in the boiling water until it

is as thick as paste, remove from the fire as soon as the potatoes are well done. Add when cool one pint of yeast, put in a large bowl to rise. Next day beat down, add one cup of sugar, one cup of salt, let it rise a second time, beat down again, pour into a jug and keep well corked. This yeast will keep several months. I frequently add to the above a pint of strong hop tea.

THE END



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